

SKIN CANCER DETECTION

To detect melanomas or other skin cancers, use the A-B-C-D skin self-examination guide, adapted from the American Academy of Dermatology:

- **A** is for asymmetrical shape. Look for moles with irregular shapes, such as two very different-looking halves.
- **B** is for irregular border. Look for moles with irregular, notched or scalloped borders — the characteristics of melanomas.
- **C** is for changes in color. Look for growths that have many colors or an uneven distribution of color.
- **D** is for diameter. Look for growths that are larger than about 1/4 inch (6 millimeters).

Have any irregularities checked out by your physician. Perform skin self-examinations regularly, as some changes can occur quickly. Early treatment is successful in many cases.



Jill Harvill, Health Educator
Sandy Rock, Risk Communicator

